What is claimed is:

1. A method for intellectually stimulating a user while running a base computer program, comprising;

interrupting the base computer program;

providing at least one question to the user for answering;

receiving an answer to the at least one question; and

determining whether to return to the base program or disrupt the base program.

2. The method according to claim 1, further comprising determining an identity of the user.

3. The method according to claim 2, wherein determining the identity of the user comprises;

entering user information for storage into a user data base, wherein the user information includes a user name, a user age, and a user skill level; and

selecting the user from the user database.

4. The method according to claim 1, wherein interrupting the base computer program comprises interrupting the base computer program at a set interrupt time interval.

5. The method according to clam 4, wherein providing at least one question to the user for answering further comprises selecting the at least one question appropriate for the skill level of the user.

6. The method according to claim 5, wherein the at least one question is selected from a database comprising questions of different skill levels on at least one topic.

7. The method according to claim 5, wherein determining whether to return to the base program or disrupt the base program comprises:

checking the answer to the at least one question for correctness;

counting a number of correct answers;

counting a number of wrong answers;

providing a score; and

comparing the score to a score threshold.

8. The method according to claim 7, further comprising;

returning the user to the base computer program when the score is greater than or equal to the score threshold; and

increasing the skill level.

9. The method according to claim 8, further comprising repeating claim 1.

10. The method according to claim 8, further comprising one of decreasing or increasing the set interrupt time interval.

11 The method according to claim 7, further comprising penalizing the user when the score is greater than or equal to the score threshold.

12. The method according to claim 11, wherein penalizing the user includes disrupting the base computer program for a disruption time interval, decreasing the interruption time, or a combination thereof.

13. The method according to claim 12, further comprising returning the user to the base computer program at the expiration of the disruption time interval.

14. The method according to claim 13, further comprising repeating claim 1.

15. The method according to claim 11, further comprising repeating:

providing the at least one question to the user for answering;

receiving an answer to the at least one question; and

determining whether to return to the base program or disrupt the base program.

16. The method according to claim 1, further comprising;

providing a delay question routine, and

selecting the delay question routine, wherein the delay question routine delays providing the questions for a delay time.

17. The method according to claim 16, wherein the delay question routine can be select at least one time.

18. The method according to claim 17, wherein the delay time decrease after each selection of the delay question routine.

19. The method according to claim 17, where the delay time is a static time.

20. The method according to claim 17, wherein the question routine includes a limit counter limiting the number of times that the user can select the delay question routine.

21. The method according to claim 1, further comprising entering a bypass code to bypass the interrupting of the bas program.

22. A computer readable media comprising a method for intellectually stimulating a user while running a base computer program, the method for intellectually stimulating including:

interrupting the base computer program;

providing at least one question to the user for answering;

receiving an answer to the at least one question; and

determining whether to return to the base program or disrupt the base program.

23. The computer readable media according to claim 22, wherein the method for intellectually stimulating further includes determining an identity of the user.

24. The computer readable media according to claim 23, wherein determining the identity of the user comprises;

entering user information for storage into a user data base, wherein the user information includes a user name, a user age, and a user skill level; and

selecting the user from the user database.

25. The computer readable media according to claim 22, wherein interrupting the base computer program comprises interrupting the base computer program at a set interrupt time interval.

26. The computer readable media according to claim 25, wherein providing at least one question to the user for answering further comprises selecting the at least one question appropriate for the skill level of the user.

27. The computer readable media according to claim 26, wherein the at least one question is selected from a database comprising questions of different skill levels on at least one topic.

28. The computer readable media according to claim 26, wherein determining whether to return to the base program or disrupt the base program comprises:

checking the answer to the at least one question for correctness;

counting a number of correct answers;

counting a number of wrong answers;

providing a score; and

comparing the score to a score threshold.

29. The computer readable media according to claim 28, wherein the method for intellectually stimulating further includes;

returning the user to the base computer program when the score is greater than or equal to the score threshold; and

increasing the skill level.

30. The computer readable media according to claim 29, wherein the method for intellectually stimulating further includes repeating the method for intellectually stimulating of claim 22.

31. The computer readable media according to claim 29, wherein the method for intellectually stimulating further includes one of decreasing or increasing the set interrupt time interval.

32. The computer readable media according to claim 28, wherein the method for intellectually stimulating further includes penalizing the user when the score is greater than or equal to the score threshold.

33. The computer readable media according to claim 32, wherein penalizing the user includes disrupting the base computer program for a disruption time interval, decreasing the interruption time, or a combination thereof.

34. The computer readable media according to claim 22, wherein the method for intellectually stimulating further includes further comprising returning the user to the base computer program at the expiration of the disruption time interval.

35. The computer readable media according to claim 34, wherein the method for intellectually stimulating further includes repeating the method for intellectually stimulating of claim 22.

36. The computer readable media according to claim 22, wherein the method for intellectually stimulating further includes repeating:

providing the at least one question to the user for answering;

receiving an answer to the at least one question; and

determining whether to return to the base program or disrupt the base program.

37. The computer readable media according to claim 22, wherein the method for intellectually stimulating further includes:

providing a delay question routine, and

selecting the delay question routine, wherein the delay question routine delays providing the questions for a delay time.

38. The computer readable media according to claim 37, wherein the delay question routine can be select at least one time.

39. The computer readable media according to claim 38, wherein the delay time decrease after each selection of the delay question routine.

40. The computer readable media according to claim 38, where the delay time is a static time.

41. The computer readable media according to claim 38, wherein the question routine includes a limit counter limiting the number of times that the user can select the delay question routine.

42. The computer readable media according to claim 22, wherein the method for intellectually stimulating further includes further comprising entering a bypass code to bypass the interrupting of the bas program.

43. A computer system for intellectually stimulating a user while running a base computer program including:

means for interrupting the base computer program;

means for providing at least one question to the user for answering;

means for receiving an answer to the at least one question; and

means for determining whether to return to the base program or disrupt the base program.

44. The computer system according to claim 43, including means for determining an identity of the user.

45. The computer system according to claim 44, wherein means for determining the identity of the user comprises;

means for entering user information for storage into a user data base, wherein the user information includes a user name, a user age, and a user skill level; and

means for selecting the user from the user database.

46. The computer system according to claim 43, includng means for interrupting the base computer program at a set interrupt time interval.

47. The computer system according to claim 46, wherein said means for providing at least one question to the user for answering further comprises means for selecting the at least one question appropriate for the skill level of the user.

48. The computer system according to claim 47, wherein the at least one question is selected from a database including questions of different skill levels on at least one topic.

49. The computer system according to claim 47, wherein said means for determining whether to return to the base program or disrupt the base program comprises:

means for checking the answer to the at least one question for correctness;

means for counting a number of correct answers;

means for counting a number of wrong answers;

means for providing a score; and

means for comparing the score to a score threshold.

50. The computer system according to claim 49, including;

means for returning the user to the base computer program when the score is greater than or equal to the score threshold; and

means for increasing the skill level.

51. The computer system according to claim 50, including means for repeatingly activating said means for interrupting, providing said question, receiving said answer and determining return.

52. The computer system according to claim 50, including means for increasing the set interrupt time interval.

53. The computer system according to claim 49, including means for penalizing the user when the score is greater than or equal to the score threshold.

54. The computer system according to claim 53, wherein said means for penalizing the user includes means for disrupting the base computer program for a disruption time interval, decreasing the interruption time, or a combination thereof.

55. The computer system according to claim 54, including means for returning the user to the base computer program at the expiration of the disruption time interval.

56. The computer system according to claim 55, including means for repeating the interrupting, questioning and answering.

57. The computer system according to claim 53, including means for repeating: providing the at least one question; receiving an answer; determining whether to return.

58. The computer system according to claim 43, including:

means for providing a delay question routine, and

means for selecting the delay question routine, wherein the delay question routine delays providing the questions for a delay time.

59. The computer system according to claim 58, wherein the delay question routine can be selected at least one time.

60. The computer system according to claim 59, wherein the delay time decreases after each selection of the delay question routine.

61. The computer system according to claim 59, where the delay time is a static time.

62. The computer system according to claim 59, wherein the question routine includes a limit counter limiting the number of times that the user can select the delay question routine.

63. The computer readable media according to claim 43, including means for entering a bypass code to bypass the interrupting of the base program.

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